

# List of All Chemicals

## P Firmiana simplex (Sterculiaceae)

### Common name(s)

Chinese Parasol

### How used

Medicinal

\*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Chemical	Plant Part	Low PPM	High PPM	StdDev	*Reference
ARSENIC	Seed	--	0.3	2.63	*
<b>Activities (2)</b>					
Anorexic	Forest H. Nielsen, USDA, Grand Forks, various publications.				
Pesticide					
CAFFEINE	Seed	--	--		*
<b>Activities (62)</b>					
(+)-Inotropic	Bruneton, J. 1999. Pharmacognosy, Phytochemistry, Medicinal Plants. 2nd Ed. Lavoisier Publishing, Paris. 1119 pp.				
Adenosine-Antagonist	McKenna, D. J., Hughes, K., and Jones, K. 2000. Green Tea Monograph. Alternative Therapies, 6(3): 61-82.				
Analeptic 200 scu mus	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.				
Analgesic-Synergist					
Antiapeic	Martindale's 29th				
Antiapoptotic					
Antiasthmatic 5-10 mg/kg orl/man	Martindale's 29th				
Anticarcinogenic					
Anticariogenic					
Antidermatitic	Martindale's 29th				
Antiemetic	Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp. 1988, reprint 1989.				
Antifeedant	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.				
Antiflu	Economic & Medicinal Plant Research, 5: 198.				
Antiherpetic					
Antihypotensive 250 mg/day/orl/man	Martindale's 29th				
Antinarcotic	Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp. 1988, reprint 1989.				
Antiobesity					
Antioxidant					
Antirhinitic 140 mg/day/orl/man	Martindale's 29th				
Antiserotonergic 40 ipr rat	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.				
Antiserotonergic 40 scu rat	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.				
Antitumor					
Antitumor (Lung)					
Antivaccinia					
Antiviral	Vlietinck, A.J. and Dommisse, R.A. eds. 1985. Advances in Medicinal Plant Research. Wiss. Verlag. Stuttgart.				
Apoptotic					
Arrhythmigenic 1,500 mg/man					
CNS-Stimulant 100 orl mus					
CNS-Stimulant 30 orl rat					
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Cardiotonic 10-25 orl dog	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.				
Cardiotonic 65-500 orl cat	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.				
Catabolic	Abstract (See species file)				
Choleretic					
Coronary-Dilator	McKenna, D. J., Hughes, K., and Jones, K. 2000. Green Tea Monograph. Alternative Therapies, 6(3): 61-82.				

Energizer 20-200 mg/man	
Ergotamine-Enhancer	Martindale's 29th
FLavor FEMA 125	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Herbicide	
Hypertensive	
Hypoglycemic	
Insecticide	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Lypolytic	Bruneton, J. 1999. Pharmacognosy, Phytochemistry, Medicinal Plants. 2nd Ed. Lavoisier Publishing, Paris. 1119 pp.
Myorelaxant	McKenna, D. J., Hughes, K., and Jones, K. 2000. Green Tea Monograph. Alternative Therapies, 6(3): 61-82.
Neurotoxic	R.J. Hixtable (Huxtable, R.J. (as T. Max). 1992. This and That: The Essential Pharmacology of Herbs and Spices. Tips 13:15-20 Huxtable, R.J. 1992b. The Myth of Benificent Nature. The Risk of Herbal Preparations. Anns. Intern. Med. 117(2):165-6; Huxtable, R.
Pesticide	
Phosphodiesterase-Inhibitor	
Pyrogenic 60 mg/day oral hm	Daroca, P., Rodriguez, J., Reano, M., Canto, G., Miranda, P. 1996. Fever From Caffeine. Allergy, 51(3): 189-191.
Pyrogenic 13.3 mg/kg ipr rbt	Dascombe, M. J. 1977. Effects of Methylxanthine Drugs on Pyrogen-Induced Hyperthermia. Eur J Pharmacol, 45: 389-392.
Pyrogenic 15 mg/kg ipr cat	Dascombe, M. J. 1977. Effects of Methylxanthine Drugs on Pyrogen-Induced Hyperthermia. Eur J Pharmacol, 45: 389-392.
Respirastimulant	
Spasmogenic 1,500 mg/man	
Stimulant	R.J. Hixtable (Huxtable, R.J. (as T. Max). 1992. This and That: The Essential Pharmacology of Herbs and Spices. Tips 13:15-20 Huxtable, R.J. 1992b. The Myth of Benificent Nature. The Risk of Herbal Preparations. Anns. Intern. Med. 117(2):165-6; Huxtable, R.
Tachycardic 1,500 mg/man	
Teratogenic 14 orl rat	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.
Topoisomerase-I-Inhibitor 0.1 nM	Tohda, H., Zhao, J. H., Oikawa, A. 1992. A Possible Involvement of DNA Topoisomerase I in 'Caffeine Effect' After Ultraviolet Irradiation. Tohoku J Exp Med, 168: 129-132.
Topoisomerase-I-Inhibitor 75 uM	Shin, C. G., Strayer, J. M., Wani, M., Snapka, R. M. 1990. Rapid Evaluation of Topoisomerase Inhibitors: Caffeine Inhibition of Topoisomerases in vivo. Teratogen Carcinogen Mutagen, 10: 41-52.
Topoisomerase-II-Inhibitor 99 mM	Shin, C. G., Strayer, J. M., Wani, M., Snapka, R. M. 1990. Rapid Evaluation of Topoisomerase Inhibitors: Caffeine Inhibition of Topoisomerases in vivo. Teratogen Carcinogen Mutagen, 10: 41-52.
Vasodilator	Bruneton, J. 1999. Pharmacognosy, Phytochemistry, Medicinal Plants. 2nd Ed. Lavoisier Publishing, Paris. 1119 pp.
cAMP-Phosphodiesterase-Inhibitor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
cGMP-Phosphodiesterase-Inhibitor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

CALCIUM	Seed	--	2310.0	-0.34	*
<b>Activities (28)</b>					
AntiPMS 1 g/day					
Antiallergic 500 mg/day					
Antianxiety			Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.		
Antiarrhythmic 500-1,500 mg					
Antiarthritic 1,000 mg/day					
Antiatherosclerotic 500 mg/day			Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.		
Anticlimacteric 1,000-1,500 mg/day					
Antidepressant			Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.		
Antidote (Aluminum)			Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.		
Antidote (Lead)			Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.		
Antihyperkinetic			Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.		
Antihypertensive			Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.		
Antiinsomniac			Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.		
Antimenopausal 1,000-1,500 mg/day					
Antiobesity					
Antiosteoporotic 500-2,000 mg/day					
Antiperiodontitic 750 mg/day			Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.		
Antirheumatic 1,000 mg/day					
Antistress 500-1,500 mg/day					
Antitc			Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.		
Anxiolytic 500-1,500 mg/day					
Calcium-Channel-Blocker					
Diuretic					
Hypocholesterolemic 500 mg/day			Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.		
Hypotensive 1 g/day					
Laxative 1,000-1,200 mg			Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.		
Tranquilizer 500-1,500 mg/day					

COPPER	Seed	--	15.0	0.02	*
<b>Activities (12)</b>					
Antianemic					
Antiarthritic					
Antidiabetic 2-4 mg/day			Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.		
Antifatigue					
Antiinflammatory			Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.		
Antinociceptive			Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.		
Antiosteoporotic					
Cardioprotective					
Contraceptive		Martindale's 28th			
Hypocholesterolemic		Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Immunomodulator					
Schizophrenogenic		Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
IRON	Seed	--	70.0	-0.38	*
<b>Activities (6)</b>					
Antiakathisic		Martindale's 29th			
Antianemic		Martindale's 29th			
Anticanker					
Anticheilitic		Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antimennorrhaic 100 mg/day/wmn/orl		Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).			
Prooxidant					
MAGNESIUM	Seed	--	4480.0	0.61	*
<b>Activities (65)</b>					
AntiCFS					
AntiLyme 400-1,000 mg					
AntiMS					
AntiPMS 400-800 mg/day/wmn/orl					
AntiPMS 400-800 mg/day/wmn orl					
AntiRaynaud's 280-350 mg/day					
Antiaggregant 400 mg/day					
Antialcoholic					
Antianginal 400 mg/day		Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.			
Antianorectic		Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antianxiety 400 mg/day		Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.			
Antiarrhythmic 400 mg/day					
Antiarthritic		Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antiasthmatic		Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).			
Antiatherosclerotic 400 mg/day					
Anticephalagic					
Anticlimacteric 500-750 mg/day					
Anticonvulsant		Facciola, S. 1998. Cornucopia - A Source Book of Edible Plants. Kampong Publications, Vista CA. 713 pp.			
Anticorony 400 mg/day		Challe, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reverse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95			
Antidepressant		Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antidiabetic 400-800 mg/man/day					
Antidysmenorrhoeic 100 mg 4 x/day		Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.			
Antiedometriotic 500 mg/day					
Antienterotic					
Antiepileptic 450 mg/day					
Antifatigue					
Antifibromyalgic 200-300 mg 3x/day					
Antigastric					
Antiglauconic					
Antihyperkinetic		Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antihypertensive					

Antiinflammatory 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antilithic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimastalgic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimenopausal 500-750 mg/day	
Antimigraine 200 mg/day/man	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antimital-valve-prolapse	
Antinephrolytic	
Antineurotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antosteoporotic 500-1,000 mg/day/wmn/orl	
Antiplaque 500-1,000 mg/day	
Antiretinopathic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antispasmodic	
Antispasmophilic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antistress 500-750 mg/day	
Antistroke 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antisyndrome-X 400 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Anxiolytic 500-750 mg/day	
CNS-Depressant	Facciola, S. 1998. Cornucopia - A Source Book of Edible Plants. Kampong Publications, Vista CA. 713 pp.
Calcium-Antagonist	
Cardioprotective	
Diuretic	
Hypocholesterolemic 400 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypotensive 260-500 mg/day	
Immunomodulator	
Insulinogenic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Laxative 300-500 mg/day	
Litholytic	
Myorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Neurotransmitter	
Tranquilizer 500-750 mg/day	
Uterorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Vasodilator	

MANGANESE	Seed	--	23.0	-0.38	*
<b>Activities (14)</b>					
AntiPMS					
Antialcoholic	Forest H. Nielsen, USDA, Grand Forks, various publications.				
Antianemic	Martindale's 28th				
Antiarthritic					
Antidiabetic 3-5 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antidiabetic 10-30 mg/man/day					
Antidiscotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antidyskinetic	Martindale's 28th				
Antiepileptic 450 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antosteoporotic					
Antitoxic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antioxidant					
Antisyndrome-X 10-30 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95				
Hypoglycemic 10-30 mg/man/day					

MERCURY	Seed	--	0.1	-0.12	*
<b>Activities (1)</b>					
Nephrotoxic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
<b>POTASSIUM</b>					
POTASSIUM	Seed	--	14500.0	0.17	*
<b>Activities (14)</b>					
Angiotensin-Receptor-Blocker					

Antidepressant	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.				
Antifatigue	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.				
Antihypertensive	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.				
Antispasmodic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.				
Antistroke					
Anxiolytic					
Beta-Blocker					
Cardioprotective 3,000-5,000 mg					
Cardiotoxic 18,000 mg/man/day					
Diuretic					
Hypotensive					
Vasodilator					
SODIUM	Seed	--	78.0	-0.59	*
<b>Activities (1)</b>					
Hypertensive	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.				
STERCULIC-ACID	Seed	--	--		*
<b>Activities (4)</b>					
Delta-9-Desaturase-Inhibitor	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.				
Insecticide	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, <i>Herbs, Spices &amp; Medicinal Plants: Recent Advances in Botany, Horticulture, &amp; Pharmacology</i> , v. 4, Oryx Press, Phoenix, 1989, 267pp.				
Juvabional					
Pesticide					
ZINC	Seed	--	25.0	-0.57	*
<b>Activities (77)</b>					
ACE-Inhibitor					
Analgesic					
AntiBPH 25-60 mg/day	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.				
AntiCrohn's					
AntiHIV					
Antiacne 135 mg/day					
Antiacrodermatitic 8-34 mg/day/orl/chd	Martindale's 29th				
Antialcoholic					
Antialopeptic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.				
Antialzheimeran 50 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.				
Antiangiogenic					
Antianorexic	Martindale's 29th				
Antiarthritic 50 mg/3x/day/orl/man					
Anticanker 100 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.				
Anticataract 30 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.				
Anticoeliac	Martindale's 28th				
Anticold 50 mg	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.				
Anticolic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.				
Anticorony 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reverse insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95				
Antidandruff	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.				
Antidementia					
Antidiabetic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reverse insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95				
Antidote (Cadmium)	Let's Live, May 1989.				
Antidysgeuzic					
Antieczemic 150 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.				
Antiencephalopathic	Martindale's 29th				
Antiepileptic 100 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.				
Antifibrotic 30 mg					
Antifuruncular 45 mg/3x/day/man	Martindale's 28th				
Antihangover 15 mg					
Antiherpetic? 25-60 mg/day					
Antiimpotence	Martindale's 29th				
Antiinfective 50 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.				

Antiinsomniac	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antilepric	Martindale's 29th
Antileukonychic	
Antilymphomic	
Antimaculitic	
Antimetastatic	
Antineuropathic	
Antinyctalopic	
Antiobesity 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antiosteoporotic	
Antiperiodontic	
Antiplaque	Martindale's 29th
Antiprolactin	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiprostatic 50 mg/man/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antirheumatic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antiseptic 50 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antispase-Tire 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antistomatitic 50 mg/man/3x/day	Martindale's 28th
Antisyndrome-X 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antitinnitic 60-120 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antitriglyceride 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antiulcer 50 mg/3x/day/man	Martindale's 28th
Antiulcer 88 mg/rat/day/15 days	
Antiviral?	Martindale's 29th
Astringent	Martindale's 28th
Collagenic	
Copper-Antagonist	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Deodorant	Martindale's 29th
Detoxicant (Alcohol)	
Ergogenic	
Hypotensive 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Immunomodulator	
Immunostimulant	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Immunosuppressant 300 mg/day/6 wks/orl/man	Martindale's 29th
Insulinogenic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Leptogenic 30-60 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Mucogenic	Li, K.M. Effect of zinc sulphate on acetic acid-induced gastric ulceration in rats. <i>J. Pharm. Pharmacol.</i> 42: 657-659, 1990.
NF-kB-Inhibitor	
Pesticide	
Spermigenic 60 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Testosteronogenic 60 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Trichomonicide	Martindale's 29th
Vulnerary	Martindale's 28th